



Make the best Multiple Baby Feeding Cushion in the World!!!

As the father of newborn twins, I have seen how difficult multiple breastfeeding can be. Ours were one of 9 sets of twins at the special care nursery of the Royal Woman's Hospital.

Many mothers struggled to feed their multiples using pillows or boomerang cushions - using rolled up nappies to move little mouths to the right spot. Because soft fillings provide little support continuous adjustments are needed. Some mothers gave up double feeding and resorted to time consuming single feeds.

Here is a great device that will place babies' mouths at nipple height. It can accommodate babies from newborn up to 9 months old and mothers with hip measurements from 34" to 42" and heights 5' 2" to 5' 10".

By using furniture grade foam rubber a very stable, secure, comfortable environment is created for baby. The extra width allows infants up to 1 year old plenty of space and support. Excellent stability allows a mother freedom to have a cup of tea, pick up a book or answer the phone.

Our 7 months old twins have breastfed extremely well since their first day at home using this cushion. Their little mouths are exactly at nipple height. We even rolled it up and took it with us during a recent holiday to New Zealand.

You can make this using 15cm (6inch) medium density furniture grade foam. The instructions are on the right of this paragraph. Foam can be purchased at stores like "Clark Rubber" or "Luxafoam" at Brookvale (ph 9907 4121).

In Eastern Sydney try Tom Reeves at the "Foam Booth" on the corner of Cleveland and South Dowling Streets, Surry Hills (ph 9319 0594). He can supply (and fully cut the foam, if you ask nicely) for \$42.

Later you could make a removable cover. A bathroom towel can be used as a temporary cover in case of spillage during feeding. The best place to use this cushion is on a two or three seat sofa with arms on each side. Another ordinary cushion or pillow should be placed behind the back of the breastfeeding mother to obtain the correct posture. As always, great care should be taken while feeding to ensure that babies and mother are comfortable and secure.

Happy breastfeeding!

By Jason Julian

